

# NewsWIC

Fond du Lac County Health Department

Summer 2009



## More Fruits & Vegetables at WIC!

Everyone knows that vegetables and fruits are good for us. They help you control your weight, lower your risk of a stroke, heart disease and high blood pressure. Your risk for type 2 diabetes and certain types of cancers are reduced when you eat more fruits and vegetables.

However, many people find that fruits and vegetables are too expensive to eat as often as we should. Help is on the way! The WIC Program will be offering the Farmer's Market checks again this summer. If you have not received them and can use these, please contact the WIC office.

Also, later this summer, WIC will be providing a WIC check each month for fruits and vegetables to be used at the grocery store. Fresh, frozen or canned fruits and vegetables will be allowed with this draft.



"This institution is an equal opportunity provider & employer."

## FDL County Immunization Clinics



### May

11 (Mon.) 2:00-5:00 City-County Bldg., FDL  
14 (Thurs) 4:00-6:00 Waupun Hospital  
18 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.  
25 (Mon.) 4:00-6:00, City-County Bldg., FDL  
27 (Wed.) 4:00-6:00, Ripon High School

### June

8 (Mon) 2:00-5:00, City-County Bldg., FDL  
22 (Mon.) 4:00-6:00, City-County Bldg., FDL

### July

9 (Thurs.) 4:00-6:00, Waupun Hospital  
13 (Mon.) 2:00-5:00, City-County Bldg., FDL  
20 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.  
27 (Mon.) 4:00-6:00, City-County Bldg., FDL  
29 (Wed.) 4:00-6:00, Ripon High School

### August

10 (Mon.) 2:00-5:00 City-County Bldg., FDL  
24 (Mon.) 4:00-6:00, City-County Bldg., FDL

A shot clinic is held in Fond du Lac **by appointment only** on the **last Wednesday of each month from 8:00 to 11:30 AM**. To make an appointment or if you have any other immunization questions, please call **929-3085**.



**Don't forget the sunscreen & hats this summer!**

## **Breastfeeding Corner**

### **Changes to WIC BF Checks**



More than ever we know how important it is to provide breast milk to babies for as long as possible. Because of this, beginning in August 2009, WIC will be changing the breastfeeding food packages for moms and babies so that we can better promote and support breastfeeding families.

Breastfeeding women and babies will be put into these 4 categories: **fully breastfeeding, mostly breastfeeding, some breastfeeding and fully-formula fed.** The category that a woman/baby would fall into depends on the baby's age and the amount of formula they are using. For example, a mom breastfeeding a baby who is not using formula would fall into the "fully breastfeeding" category. The amount of foods on the checks for mom and baby will be different depending on the category that they're in; the less formula used, the more foods for both. All babies will be receiving baby foods on their check but babies who use no formula will receive meats and more fruits and vegetables than babies who are fed formula. Formula-fed babies will not get baby meats.

\*\*\*Also, new mothers who fully breastfeed twins will receive 1-1/2 times the food amounts in the BF Mom's fully breastfeeding food package.\*\*\*

We will go through these food packages in more detail when you come to our office for your breastfeeding appointment or to pick up checks.



*She was such a sweet, quiet baby when she came home from the hospital.* She slept through the night after the first week, napped often throughout the day, nursed well. Approaching the first month of life, she became a bit fussy and seemed to need more but mom and dad didn't know that. By three months she had a specific crying time that lasted for several hours each night. She was inconsolable; her diaper was dry, she was fed and burped, nothing was poking her, but she cried so loud. One night when both parents were tired and just wanted to sleep, she started her crying fit. Frustrated, irritated, exhausted, dad held her up by her rib cage and said "Just stop crying," as he gave her three shakes.

**Shaken Baby Syndrome** is a form of abusive head trauma that occurs when a child is shaken. Bleeding begins as a result of torn vessels that connect the brain to the inside of the skull. The developing brain slams back and forth in the head with each shake causing further damage to the fragile, young brain.

This is a violent crime that takes only an angry, frustrated caregiver a few seconds to commit, but with information and understanding, it can easily be prevented.

The number one trigger for shaking is to stop the baby from crying. Teaching caregivers that it's OK for the child to cry, that it's their own frustration with the crying that's the problem, may prevent them from doing this irreparable damage. Being prepared before the situation becomes frustrating is the best solution to this very preventable circumstance.

Parents and caregivers must recognize that **babies cry**, sometimes for no apparent reason. I think this is the most important fact to understand. Crying babies seem to be **our** problem. **We** get frustrated and want to quiet the infant, but it's their job to cry. It's absolutely important to make sure that the child is not in some kind of physical distress, but after that, and if soothing techniques (rocking, singing, rubbing her back, taking for a walk in the stroller...) have not helped and you're beginning to feel frustrated, it may be time to place the baby in a safe place and walk away. The crib is a good place for this—use the time the child is in this safe place to calm yourself so you can approach her refreshed.

The baby girl at the beginning of this article has surely suffered serious injury and possibly death. Her father, despite loving her, in his frustration and ignorance, will be charged with assault or homicide.

I am Sue George and I work as a child and family therapist at Solutions Center. I am available to talk with parents, students, caregivers (in groups or individual) on coping with the frustrations that accompany caring for crying infants and am dedicated to spreading the word on how to avoid this very preventable cause of injury and death. I can be reached at 923-2253 or online at [sgeorge2253@yahoo.com](mailto:sgeorge2253@yahoo.com).